



Serves: 4

Rava Uppita (Tempered Savoury Semolina)

Ingredients

- Semolina (rava) 150g
- Onions, chopped 50g
- Carrots, grated 50g
- Canola oil 1 tbsp
- Curry leaves 8
- Mustard seeds ½ tsp
- Sugar 1 tsp
- Green chillies, chopped 1 tsp
- Asafoetida (hing) a pinch
- Cashew Nuts 8
- Fresh coconut, grated 2 tsp
- Fresh coriander, chopped 1 tbsp
- Water, hot 280ml
- Salt ¼ tsp

Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Nuts are a rich source of unsaturated fat, especially omega-3 fatty acids, which benefit heart health.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Dry roast in a non-stick pan till fragrant but not till it gets coloured. Set aside.
- Heat oil, add mustard seeds and heat till they crackle.
- Add curry leaves and green chillies. Sauté.
- Add onions and sauté till translucent, then sprinkle the asafoetida powder.
- Add carrots and sauté for 2 minutes.
- Add roasted semolina and hot water, then mix well.
- Add sugar, cashew nuts and salt, and keep stirring.
- Sauté the mixture until all the water is absorbed and it's soft and dry.
- Garnish with coriander and coconut and serve hot.

Nutrition Information (Per Serving):

Energy (1kcal= 4.2kJ) 224kcal
Protein 6.5g
Total fat (g and % of total calories)
7.4g (29.7%)
Saturated fat 1.6g
Cholesterol 0mg
Carbohydrate 32.7g
Dietary Fibre 2.8g
Sodium 158mg